

# Produce of the Month



## Okra

### Nutritional Information

- 🌱 One cup of cooked Okra is only 35 calories
- 🌱 There is no fat in Okra
- 🌱 Okra is high in calcium, magnesium and vitamin K
- 🌱 Okra is high in dietary fiber

### Fun Facts

- 🌱 Okra is in the same family as hibiscus and cotton.
- 🌱 Okra is a common ingredient in Creole cuisine
- 🌱 The word okra is derived from the west African word, nkruma.
- 🌱 Okra grows year-round in the south and from May to October in most other parts of the United States.

### Selecting, Storing, Preparing

- 🌱 Look for brightly colored Okra pods with no bruising that are no more than 4 inches long
- 🌱 To store okra, place it in a paper bag in the refrigerator; stores for 2 to 3 days.
- 🌱 For longer storage, blanch okra and freeze
- 🌱 Before cooking, slice off tops and ends; sliced okra thickens liquid its cooked in, which makes it good for soups and stews

### Recipes/Ideas

Okra goes well with tomatoes, onions, peppers and eggplants. Okra can be eaten raw, cooked or fried.

- Cooked okra tastes like green bell peppers

For more ideas:

<http://www.southernliving.com/food/10-best-okra-recipes>

<http://cooking.nytimes.com/tag/okra>

<http://95210.townofmanchester.org/>

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9 Hours of Sleep – 5 Servings of Fruits & Vegetables – 2 Hours or less of Screen Time – 1 Hour of Physical Activity – 0 Sugary Beverages

**Manchester's Message for a Healthier You**